



Summer 2011

Welcome to Club West Youth Running and Training Clinic(s) 2011 for 10 to 15 year olds! We will have a running for training clinic June 20 – 24 (Activity Code 14657) and June 27 – July 1 (Activity Code 14658). Check in is always at 9am and check out always at noon each day. Please pay close attention to the schedule as pick up and drop off locations vary.

The goals of the Club West Youth Track program are to encourage and support young athletes physically, emotionally and socially, improve their physical condition, teach skills related to all sports including track and field and build a positive self-image as participants realize their individual achievements.

**June 20 – 24 session #1, and June 27 – July 1 session #2, running and training clinics for all sports** features: ***"runs that aren't races in beautiful places"***. The pace will be appropriate for upper elementary and Junior High students. We will jog at a pace specific to the age group and will take plenty of breaks to enjoy the views and to stretch. We will not be running in bike lanes nor on busy streets but will be running in parks on trails and grass and on hard sand at the beach. "Stronger legs, hearts and minds while improving fitness" is our motto.

Running and training coach **Kevin Young** has been racing for 38 years, starting in high school and then UCSB x-country, track, and followed by road races and trail races up to 50K. Kevin loves to run and to pass on that enthusiasm to kids. Kevin coaches running ([www.runforlife.org](http://www.runforlife.org)) and track and field at local elementary and Junior High schools with Club West, SB's track and field and youth running support organization ([www.clubwesttrack.org](http://www.clubwesttrack.org))

## **Schedule**

### **Monday June 20 – Cabrillo Bathhouse 1118 East Cabrillo Blvd**

'Running Intro': Health benefits, pacing, form, mental struggles. Run on Cabrillo Blvd bike path around Bird Refuge and back. Calibrate pedometers (provided) take home running magazines. Start training diaries.

### **Tuesday June 21 - Cabrillo Bathhouse 1118 East Cabrillo Blvd**

"Training Theory": The training year, distance versus speed, cross country vs. track, plyometrics guest teacher. Run to the end of the pier then back through SBCC while practicing form, pace and breathing rate.

**Wednesday June 22 – Elings Park 1298 Las Positas Road**

Will meet each day at the lower baseball fields at the park benches next to the bathrooms. We will run on the Elings park plateau and introduce single track trail running. "Today's Lesson:" presents the importance of diet, sunscreen, a visor and sunglasses.

**Thursday June 23 – Elings Park 1298 Las Positas Road**

We will Practice racing techniques such as drinking from cups on the run and walking fast up hills, drafting and mental preparation. Our 'easy day' with Yoga guest teacher to stretch any sore muscles.

**Friday June 24 – Elings Park 1298 Las Positas Road:** How to fuel using running bars and gels. Our longest run to More Mesa on the beach and back. End of clinic pop quiz and Ice cream party!

**What to Bring**

Running Shoes, water in a sustainable H2O bottle, Snacks (i.e. apple, granola bar) comfortable running clothes, and sweats. \*\*\***PLEASE CLEARLY LABEL BACKPACKS AND BELONGINGS**\*\*\*

**What NOT to Bring**

Ipods/MP3 players, ear buds, headphones anything that would be a bummer to lose.

**RULES FOR ALL RUNNING CLINIC PARTICIPANTS**

- 1. No leaving the clinic location(s) or park without being signed out by an adult. Stay with your assigned group until clinic time is over!**
- 2. Ask to use the bathroom so we know you've left the group.**
- 3. ALWAYS WATCH WHERE YOU ARE GOING! Almost all running injuries occur when runners crash into each other.**

We are excited about this running and training clinic and look forward to providing you and your child with a fun, informative and safe running experience! If you have any questions or concerns, please call the Youth Activities Supervisor Terry Brown at (805) 560-7552 or speak to Kevin Young, Program Director at 564-3400